

KSPLA
Kerala State Senior & Masters Equipped Powerlifting Championship 2024
Indoor Stadium, Kannur - 28-06-2024 to 30-06-2024
Final Results

Place	Name	DOB	Team	Lot	Bd. Wt.	Coeff.	SQ1	SQ2	SQ3	SQ [PL]	BP1	BP2	BP3	BP [PL]	DL1	DL2	DL3	DL [PL]	Total	Points	IPF GL Points	Place
Women																						
Open - 47kg																						
1	ALEENA JOSEPH	25-02-2001	ALP	3	47.00	0.219117	155.0	167.5	180.0	167.5 [1]	75.0	82.5	85.0	82.5 [1]	135.0	145.0	150.0	150.0 [2]	400.0	12	87.646800	2 <u>🏆</u>
2	ASHIMOL	27-05-1997	TCR	6	47.00	0.219117	155.0	165.0	170.0	165.0 [2]	80.0	85.0	X	80.0 [2]	145.0	150.0	157.5	150.0 [1]	395.0	9	86.551215	3 <u>🏆</u>
3	LOLITHA KAMAL P T	18-05-2004	KNR	1	40.70	0.246145	60.0	70.0	75.0	70.0 [3]	20.0	22.5	X	22.5 [3]	75.0	90.0	95.0	95.0 [3]	187.5	8	46.152188	17
4	PREKSHA K P	30-03-2009	PKD	8	39.30	0.253778	35.0	35.0	35.0	35.0 [4]	20.0	20.0	22.5	20.0 [4]	50.0	60.0	60.0	50.0 [4]	105.0	7	26.646690	25
-	DIYA K V	20-08-2009	PKD	7	38.50	0.258483	30.0	35.0	35.0	30.0 [5]	20.0	20.0	20.0	-	40.0	45.0	X	40.0 [5]	-	-	-	-
Open - 52kg																						
1	BHAGYALEKSHMI S	10-03-2000	ALP	10	51.60	0.204747	155.0	165.0	165.0	165.0 [1]	70.0	80.0	80.0	70.0 [1]	125.0	135.0	145.0	135.0 [1]	370.0	12	75.756390	7
2	DEVIKA V LAL	08-11-2001	KLM	4	51.10	0.206144	50.0	55.0	55.0	50.0 [2]	25.0	30.0	30.0	25.0 [2]	60.0	67.5	72.5	67.5 [2]	142.5	9	29.375520	23
3	ARDHRA K S	13-11-2008	PKD	5	47.30	0.218065	30.0	35.0	42.5	35.0 [3]	20.0	22.5	22.5	22.5 [3]	40.0	50.0	50.0	50.0 [3]	107.5	8	23.441988	27
Open - 57kg																						
1	JWALA JOSE L	17-01-2000	TVM	12	56.50	0.192752	170.0	182.5	182.5	182.5 [1]	95.0	100.0	105.0	105.0 [1]	155.0	165.0	170.0	170.0 [1]	457.5	12	88.184040	1 <u>🏆</u>
2	SEAYA METILDA BAIJU	09-07-2002	ALP	9	56.60	0.192536	160.0	177.5	182.5	177.5 [2]	85.0	92.5	97.5	97.5 [2]	170.0	180.0	185.0	170.0 [2]	445.0	9	85.678520	4
3	JANCY T P	15-02-1996	KNR	11	56.60	0.192536	65.0	75.0	80.0	75.0 [4]	30.0	37.5	40.0	40.0 [3]	80.0	95.0	110.0	110.0 [3]	225.0	8	43.320600	20
4	RASHIGA RAJ	07-07-2001	PKD	2	56.60	0.192536	70.0	75.0	85.0	75.0 [3]	30.0	35.0	37.5	35.0 [4]	80.0	95.0	112.5	95.0 [4]	205.0	7	39.469880	22
Open - 63kg																						
1	ANAKHA A S	09-06-2002	TVM	11	62.50	0.181356	135.0	145.0	150.0	145.0 [1]	52.5	57.5	62.5	62.5 [1]	100.0	115.0	122.5	122.5 [2]	330.0	12	59.847480	13
2	AVANTHIKA P BIJU	21-08-2005	KNR	4	62.30	0.181689	110.0	120.0	130.0	130.0 [2]	50.0	57.5	62.5	57.5 [2]	110.0	125.0	135.0	125.0 [1]	312.5	9	56.777813	14
3	SOUBHAGYA K V	27-05-1985	KNR	1	63.00	0.180535	65.0	75.0	80.0	80.0 [3]	35.0	37.5	40.0	40.0 [3]	75.0	90.0	100.0	100.0 [3]	220.0	8	39.717700	21
4	DHANYA A J	28-10-1990	EKM	2	61.70	0.182707	20.0	30.0	35.0	35.0 [4]	20.0	27.5	30.0	27.5 [4]	50.0	60.0	70.0	70.0 [4]	132.5	7	24.208678	26
Open - 69kg																						
1	ALKA RAGHAV	30-04-2004	KSD	7	69.00	0.171899	170.0	190.0	202.5	202.5 [1]	75.0	82.5	82.5	82.5 [1]	180.0	195.0	200.0	195.0 [1]	480.0	12	82.511520	5
2	KRIPA P BABU	02-09-2004	KNR	5	66.80	0.174824	110.0	120.0	127.5	120.0 [2]	50.0	57.5	65.0	65.0 [2]	110.0	120.0	125.0	125.0 [2]	310.0	9	54.195440	15
3	ANUPAMA B	30-01-2001	KLM	16	69.00	0.171899	115.0	125.0	125.0	115.0 [3]	35.0	45.0	45.0	35.0 [3]	100.0	115.0	125.0	115.0 [3]	265.0	8	45.553235	18
4	ELSA CHEREATH	23-09-1997	EKM	3	64.50	0.178173	30.0	40.0	60.0	40.0 [4]	22.5	27.5	30.0	27.5 [4]	70.0	80.0	90.0	90.0 [4]	157.5	7	28.062248	24
Open - 76kg																						
1	MANJUSHA S	23-03-1982	ALP	13	75.10	0.164974	190.0	205.0	220.0	205.0 [1]	105.0	115.0	122.5	122.5 [1]	135.0	145.0	150.0	150.0 [2]	477.5	12	78.775085	6
2	REVATHI P K	15-05-2004	KNR	9	69.10	0.171772	140.0	140.0	150.0	150.0 [3]	70.0	75.0	75.0	70.0 [3]	130.0	140.0	150.0	150.0 [1]	370.0	9	63.555640	11
3	SREESHNA SUNIL	01-06-2004	KNR	10	72.22	0.168045	142.5	152.5	162.5	152.5 [2]	75.0	85.0	137.5	85.0 [2]	120.0	132.5	137.5	132.5 [3]	370.0	8	62.176650	12
-	HIMA MOHAN	24-04-2001	KLM	8	75.80	0.164276	90.0	90.0	90.0	-	X	X	X	-	X	X	X	-	-	-	-	-
Open - 84kg																						
1	ASWATHI A	23-04-2002	KNR	15	76.15	0.163933	150.0	160.0	165.0	165.0 [1]	70.0	75.0	75.0	75.0 [1]	150.0	165.0	175.0	165.0 [1]	405.0	12	66.392865	9
2	AISHU A	29-10-1997	KNR	14	83.26	0.157820	120.0	130.0	140.0	130.0 [2]	50.0	55.0	60.0	60.0 [2]	110.0	110.0	120.0	110.0 [2]	300.0	9	47.346000	16

Place	Name	DOB	Team	Lot	Bd. Wt.	Coeff.	SQ1	SQ2	SQ3	SQ [PL]	BP1	BP2	BP3	BP [PL]	DL1	DL2	DL3	DL [PL]	Total	Points	IPF GL Points	Place
Open - 84+Kg																						
1	ABHIRAMI S	04-11-2003	TVM	16	92.00	0.152069	210.0	230.0	230.0	230.0 [1]	90.0	95.0	102.5	102.5 [1]	140.0	160.0	170.0	160.0 [1]	492.5	12	74.893983	8
2	GOURI NAIR A	04-04-2003	TVM	12	93.00	0.151509	180.0	195.0	202.5	195.0 [2]	90.0	95.0	100.0	100.0 [2]	130.0	135.0	140.0	140.0 [2]	435.0	9	65.906415	10
3	APARNA HARI G	05-06-2001	TVM	6	98.20	0.148864	120.0	120.0	170.0	120.0 [3]	45.0	45.0	70.0	45.0 [3]	100.0	115.0	130.0	130.0 [3]	295.0	8	43.914880	19

Best Lifter - Open

Place	Name	Team	Wt.Cat.	Bd.Wt.	Coeff.	Total	IPF GL Points
1	JWALA JOSE L	TVM	57kg	56.50	0.192752	457.5	88.184040
2	ALEENA JOSEPH	ALP	47kg	47.00	0.219117	400.0	87.646800
3	ASHIMOL	TCR	47kg	47.00	0.219117	395.0	86.551215

Team Championship - Open

Place	Team	Points	Best Points	IPF GL Points
1	THIRUVANANTHAPURAM	53	12+12+12+9+8	332.746798
2	KANNUR	48	12+9+9+9+9	288.267758
3	ALAPPUZHA	45	12+12+12+9	327.856795
4	PALAKKAD	22	8+7+7	89.558558
5	KOLLAM	17	9+8	74.928755
6	ERNAKULAM	14	7+7	52.270926
7	KASARAGOD	12	12	82.511520
8	THRISSUR	9	9	86.551215

Place	Name	DOB	Team	Lot	Bd. Wt.	Coeff.	SQ1	SQ2	SQ3	SQ [PL]	BP1	BP2	BP3	BP [PL]	DL1	DL2	DL3	DL [PL]	Total	Points	IPF GL Points	Place
Master 1 - 47kg																						
1	GANGA K	03-09-1976	KNR	2	47.00	0.219117	30.0	35.0	40.0	40.0 [1]	22.5	25.0	X	22.5 [1]	50.0	60.0	70.0	60.0 [1]	122.5	12	26.841833	7
Master 1 - 57kg																						
1	PREETHA SATHYAN	30-01-1975	KNR	3	56.00	0.193850	40.0	50.0	60.0	60.0 [1]	20.0	25.0	30.0	30.0 [1]	60.0	75.0	80.0	75.0 [1]	165.0	12	31.985250	6
Master 1 - 69kg																						
1	SHAMNA K K	29-05-1983	KNR	14	64.60	0.178021	20.0	25.0	25.0	25.0 [2]	25.0	25.0	X	25.0 [2]	60.0	70.0	180.0	180.0 [1]	230.0	12	40.944830	3 <u>W</u>
2	PREETHA R GOVIND	01-08-1981	EKM	5	68.10	0.173065	60.0	70.0	80.0	80.0 [1]	30.0	35.0	40.0	40.0 [1]	80.0	100.0	105.0	100.0 [2]	220.0	9	38.074300	4
Master 1 - 76kg																						
1	BEEMA BEEVI A	02-05-1984	EKM	9	74.34	0.165753	95.0	100.0	105.0	105.0 [1]	40.0	45.0	45.0	45.0 [1]	100.0	110.0	130.0	110.0 [1]	260.0	12	43.095780	2 <u>W</u>
2	RAKHI BALAKRISHNAN	30-04-1979	KSD	10	72.90	0.167290	50.0	70.0	80.0	80.0 [2]	30.0	50.0	50.0	30.0 [2]	60.0	90.0	110.0	90.0 [2]	200.0	9	33.458000	5
Master 1 - 84kg																						
1	UMAIRA C K	28-10-1983	KNR	11	79.78	0.160622	100.0	100.0	110.0	110.0 [1]	50.0	57.5	65.0	57.5 [1]	100.0	110.0	120.0	120.0 [1]	287.5	12	46.178825	1 <u>W</u>
2	SAMEERA FAKARUDDEN	30-10-1980	KNR	15	80.50	0.160015	40.0	50.0	57.5	57.5 [2]	30.0	37.5	37.5	30.0 [2]	60.0	70.0	80.0	80.0 [2]	167.5	9	26.802513	8

Best Lifter - Master 1							
Place	Name	Team	Wt.Cat.	Bd.Wt.	Coeff.	Total	IPF GL Points
1	UMAIRA C K	KNR	84kg	79.78	0.160622	287.5	46.178825
2	BEEMA BEEVI A	EKM	76kg	74.34	0.165753	260.0	43.095780
3	SHAMNA K K	KNR	69kg	64.60	0.178021	230.0	40.944830

Team Championship - Master 1				
Place	Team	Points	Best Points	IPF GL Points
1	KANNUR	57	12+12+12+12+9	172.753251
2	ERNAKULAM	21	12+9	81.170080
3	KASARAGOD	9	9	33.458000

Place	Name	DOB	Team	Lot	Bd. Wt.	Coeff.	SQ1	SQ2	SQ3	SQ [PL]	BP1	BP2	BP3	BP [PL]	DL1	DL2	DL3	DL [PL]	Total	Points	IPF GL Points	Place
Master 2 - 63kg																						
1	INDIRA L	10-05-1967	ALP	13	62.54	0.181290	400.0	400.0	100.0	100.0 [1]	40.0	50.0	55.0	55.0 [1]	115.0	125.0	135.0	135.0 [1]	290.0	12	52.574100	1 <u>🏆</u>
Master 2 - 69kg																						
1	SHEEJA C P	11-01-1972	KNR	7	67.30	0.174137	60.0	70.0	75.0	75.0 [1]	25.0	30.0	32.5	32.5 [1]	70.0	80.0	90.0	90.0 [1]	197.5	12	34.392058	3 <u>🏆</u>
Master 2 - 84+Kg																						
1	SHEEJA PANACHI	02-05-1973	KNR	1	84.40	0.156972	400.0	100.0	440.0	100.0 [1]	50.0	60.0	65.0	60.0 [1]	100.0	110.0	420.0	110.0 [1]	270.0	12	42.382440	2 <u>🏆</u>

Best Lifter - Master 2							
Place	Name	Team	Wt.Cat.	Bd.Wt.	Coeff.	Total	IPF GL Points
1	INDIRA L	ALP	63kg	62.54	0.181290	290.0	52.574100
2	SHEEJA PANACHI	KNR	84+kg	84.40	0.156972	270.0	42.382440
3	SHEEJA C P	KNR	69kg	67.30	0.174137	197.5	34.392058

Team Championship - Master 2				
Place	Team	Points	Best Points	IPF GL Points
1	KANNUR	24	12+12	76.774498
2	ALAPPUZHA	12	12	52.574100

Place	Name	DOB	Team	Lot	Bd. Wt.	Coeff.	SQ1	SQ2	SQ3	SQ [PL]	BP1	BP2	BP3	BP [PL]	DL1	DL2	DL3	DL [PL]	Total	Points	IPF GL Points	Place
Master 3 - 76kg																						
1	REENI THARAKAN	08-03-1960	EKM	6	69.34	0.171469	60.0	65.0	70.0	70.0 [1]	40.0	42.5	45.0	42.5 [1]	95.0	405.0	107.5	107.5 [1]	220.0	12	37.723180	1 <u>🏆</u>

Best Lifter - Master 3							
Place	Name	Team	Wt.Cat.	Bd.Wt.	Coeff.	Total	IPF GL Points
1	REENI THARAKAN	EKM	76kg	69.34	0.171469	220.0	37.723180

Team Championship - Master 3				
Place	Team	Points	Best Points	IPF GL Points
1	ERNAKULAM	12	12	37.723180

Abbreviations:

ALP = Alappuzha EKM = Ernakulam KNR = Kannur KSD = Kasaragod KLM = Kollam PKD = Palakkad TVM = Thiruvananthapuram TCR = Thrissur